



**Retraining education**  
Students are  
in line to  
to 'leave' voters  
Page 13

# SPOKE

A LEARNED NEWSROOM FOR JOURNALISM STUDENTS



**An Olympic effort**  
Students have  
funds and support  
living cost  
Page 7

## H1N1 forces policy change

By **ASHLEY WARDEN**

Cornwall College is making it easier to follow the federal orders by changing its student visa retention policy to accommodate those who become ill with H1N1.

The policy, followed by many programs at the college, requires that any student be released by a doctor's note in order for the student to land in requirements or make up tests missed on the days they were away.

"During the fall semester, students who miss heading to assignments or miss tests due to H1N1 will not have to get a medical certificate as per the normal practice," said Debra Marshall, executive director of human resources at Cornwall College and is secretary of the college's pandemic committee. "For college officials, the most and least is still required."

"This is consistent with what health authorities are recommending because what they're saying is that unless there are special circumstances, they don't want individuals coming into the doctor's office where there'll obviously pass around the flu further."

Students are advised that until the official statement about the pandemic arrives in the policy they should abide by the normal process of providing a doctor's note for all absences due to illness.

In light of a possible flu pan-

demic, concerns arose that students would attend the H1N1 virus by going into doctor's offices, including the college's health services office, will only incur sick notes of the patient in case while exhibiting symptoms.

"What the college is planning is that students will be able to make arrangements with their faculty to make up missed assignments," said Marshall, "and if during the student's absence there is an exam or test, the students will be able to make it up."

Marshall stressed that students will have to inform their teachers of their absence before the missed class or assignment, or they will not be eligible for a make-up provision.

"The college is developing an online system for students to report absences and that would be through the student portal," she said. "The goal is to have further details they'll be available and all of the students will be notified about that process."

"This is all based on the assumption that there will be no spread of H1N1 and no one knows that for sure," said Marshall. "We're just trying to sort of be proactive in case that does happen. But the information now is that the illness is not going to be nearly as serious as what they anticipated a number of months ago."



page 10 March 2009

The Cornwall College women's football team, equipped in the gymnasium on Oct. 26 at the Cornwall Sports Park in Penticton, but not both of the players, Rhonda (center) and Marla (right) who received praise of the game trophies, made a point. The story and more photos, see Page 25

## Student's killer pleads guilty

By **MARK ANDERSON**

This month is the two-year anniversary of the murder of a Cornwall student, Andrew Frenkel, 18, was on the first year of Cornwall's advertising program when he was shot in a North Delta high park.

Last month his killer, who was 18 when he shot Frenkel in the chest, pleaded guilty to the second-degree murder. According to The Vancouver Record, he was originally charged with first-degree murder but accepted a deal with the Crown that involved him pleading guilty to a second-degree charge. However, he is receiving three years of

custody for the two years he has served in a youth detention centre, he has one year left of a three-year secure custody term. He will serve an additional three years under new security measures.

Frenkel was an outgoing person who was well liked by his peers and instructors. Carolyn Marsh was in the advertising program with Frenkel and went to Penticton High School with him. In a Oct. 10, 2007 Spoke article she said "When I think of Andrew Frenkel, I think about games and beautiful boys. He had a great deal of love for his friends." Andrew lived in the upstairs of the

apartment he was going to be in and even a little more time, he would have been in his room.

Sam Clark, a journalism student who was a year younger than Frenkel and went to high school with him, although she did not know him well, she knew he was a man of tremendous character. Andrew was an amazing guy."

A mutual man, Vancouver's Northridge was also charged with first-degree murder for the shooting, but a court after a drug trial, went on to find that the trigger puller was the handgun in the case, a trial told him to shoot Frenkel. He will spend time in March 2009.

## Protesters fake a clash with police during simulation exercise

By **SHARON DOWAN**

Protesters were bused and buses were watched as close to 500 student protesters crowded around the restaurant at Cornwall College on Oct. 23.

In total, the on-campus action to support protesters, but for the police officers and students involved at was an interactive classroom.

Public order units from Waterloo Regional Police and London Police officers were training to develop relationships when dealing with

protests. The protesters in the training simulation were played by approximately 500 students from the police force, defense and law and security administration programs at the college.

"The officers need to learn how to work together because in these types of situations they will allow to allow," said Sgt. P.J. Brown of the Waterloo Regional Police Service.

The students were asked to maintain with varying levels of aggression so the police officers would be able to employ

their soft face and hard test techniques. When dealing with violent protesters, police officers are drilled on a body control and can hold their. When the protest is non-violent, officers don't need the full body gear and batons and can use soft control.

A lot of protesters are passive aggressive. Keeping arms with each other on a random act in front of a team - officers need to learn to interpret and respond to changing crowd moods," said Durbak.

The training of the college was intended to help the two

public order units from the two police services prepare to work together in situations where large crowds of people cause public concern.

There are situations where two police units have to take over for the other while they change into their hard test gear. We need to be able to do that and better know how the other works," said Durbak.

During the scenario, public order officers acted as aggressive protesters and used to show in the level of aggression in the group. They were

guided into an order to give the officers a chance to react to an emerging protester who was trying to break the line formed by the public order unit.

The four-hour training was run at the Dorn campus was a powerful learning tool that should help the two public order units work together when the protests are real.

"In Canada people have a right to protest. We are not there to obstruct the protest but to ensure people are safe and our laws are being followed," Durbak said.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What are your plans for Halloween?



"It's my birthday on Halloween. So I'm going to be a scary weekend. I'm going to be a leopard!"

**Mindy Chmura,**  
first year  
journalism

"Going to the fest! I'm going to be Dorothy from Wizard of Oz."

**Christine  
Pisalek,**  
first year  
L2L



"I'm probably going to have to look, or hang with one last zombie outfit. Probably not dressing up."

**Jennifer Lebel,**  
first year  
ROT

"I'm being Alice in Wonderland and going to a big party in Fantasy of Faded Club."

**Amy Tarnack,**  
first year  
public relations



"I'm going to be a witch actually this is a friend's birthday I'm being Tinkalind because my friend and I are going as twins and Tinkalind is cute."

**Sarah Bady,**  
first year  
business administration  
management studies

"I'm not sure yet, but I'll likely be full-on in camouflage as a Special Agent."

**Amy Brennan,**  
first year  
international business management



## Smear campaign launched against cervical cancer

By Lisa Johnson

Anne Kasper was only 19 and had just started her first year at Durham College when she learned her news.

Worried about her health, she went to the doctor and had testing done, including a Pap test and ultrasound.

After her Pap test came back as abnormal, her first thought was "What the hell does this mean?"

Her doctor made her an appointment at the Lakeshore Health Sciences Hospital for a colposcopy, a procedure used by doctors to take a closer look at abnormal tissue, and a week later called her to follow up appointment.

She was told she had pre-cancerous changes, the beginning stages of cancer. Every year about 1,300 Canadian women are diagnosed with cervical cancer. While one out of the lucky ones, but not before she's threatened with death.

**Every year, about 1,300  
Canadian women are  
diagnosed with  
cervical cancer**

After being diagnosed, her doctor told her not to worry and scheduled another and possibly for three months down the road.

On Dec. 19, 2000, her results came back showing stage one cancer.

The doctor came upon and was to worry and suggested waiting for treatment and monitoring the changes. Another colposcopy was also scheduled for three months down the road.

For almost three years, Kasper went every three months for an 8 a.m. appointment. The only word changing in that, the doctor said Kasper

didn't ever begin to feel any worse.

Her visit on March 1997 was the change of mind as a good. The doctor was diagnosed with cancer spreading to her lymph nodes, surgery, during which doctors removed a portion of her cervix.

Five months later she had a follow up appointment where she was told she was stage one and has been for the last two years.

The tragedy for many women was Dr. Kathleen Gortie, president of the Federation of Medical Women of Canada, who lost up to 90 per cent of their uterus could be prevented through regular screening.

This is why in 2000 the FFWC decided to take the lead and launched a Smear Campaign against Cervical Cancer, during cervical cancer awareness week taking place Oct. 28 to 30.

The Federation of Medical Women of Canada is a national organization of women. Originally just physicians could be members, but recently we have started student chapters at each medical school," said Grace Young, 26, a fourth year University of Toronto medical student and a member of the FFWC. "We are committed to developing professional, personal and social advancement of women doctors and able to promote the well being of women in the medical profession and also women's personal."

During this week women are asked to sign up of the participating clinics to get screened and a drop in buses or by looking up appointments. A list of the participating doctors is available on the website. Students who have been at this point 25 years will be participating in 27 other women have patients and sometimes.

The latest participating

clinic for Conestoga College is 10 a.m. to 4 p.m. extended hours for students at 244 Queen St. West. You can drop in without an appointment. It's free. Call 525-2711 ext. 4444 for more info or to book an appointment.

**Young people are not  
thinking about cancer  
when they start engaging  
in sexual activity**  
— Grace Young

The campaign targets women without family physicians. "They don't have that resource to take the initial test and want to recognize about the importance of having an annual Pap test."

They fall under the radar. Doctors are trying to reach out to them and have them drop in and there is no money to hire them to get a Pap test," said Catherine Weaver, 24, a physiotherapy student and student at the University of Toronto. "Women without doctors can also go to sexual health clinics. My Pap test was in a year and a half."

Women between the ages of 18 and 24 don't feel they are at risk and think they are under medical supervision.

"Young people are not thinking about cancer when they start engaging in sexual activity," said Young. "The test is uncomfortable, it's painful."

By Shila Wanyawanyika "but are these women your girls and that could save your life. I think that's why I am so passionate about it. Because there are a lot of cancers we can see and prevent, but this is one cancer we can say that if we actually do the screening



## ON-CAMPUS CHIROPRACTOR

Covered by CSI Health Plan

## HEALTH SERVICES

748-5220 Ext. 3679

# Students show their support for Canada's Olympians

by **SHARLE BARNWELL**

Last week, Conestoga students with an interest in all things had the chance to meet three of the athletes representing Canada at the 2010 Olympics.

Zina Rucker, Brooke Crawford and Megan Brown of the Canadian women's basketball team came to Conestoga last Friday as part of a fundraising and to draw up a fundraising support of the 2010 Olympics in Vancouver, B.C.

The fundraiser began last year with the creation of a calendar titled *World's Finest Basketball* in which five of the country's top basketball women posed in artistic photos, showing healthy, athletic Canadian women.

The calendar was a huge hit, selling out quickly and leading to several other fundraising events, including shops at local schools and businesses like Conestoga.

"It's a great fundraising event for us because we don't have time for full-time jobs, and I don't want to be on the starting line thinking that I could have been a little more prepared. I want to be there knowing that I did everything

possible to be fully ready at the start line," said Crawford. At 21, Crawford is the second youngest competitor on the World's Finest Basketball team.

The sport of basketball involves a cross-country run, where periodically the runners must stop to shoot at a series of targets which will affect either the total time or distance left to run.

"People think it's a little bit strange that you sit and shoot when a gun, like it's a visual component," said Crawford.

"It's definitely a more task-dominated sport as Canada, but we're coming up there and we have a lot of women who are interested in basketball and a lot of young girls who are in cross-country where they show an interest in basketball."

On top of fundraising for their Olympic dreams, the girls are hoping to spread a little support across the country for their team and for the sport they love.

"It's about raising awareness of the sport and getting Canadians out there cheering us on at the Olympics," said Rucker, 21.

"There's this thing the Canadian Olympic committee

has started called Paint the Town Red. It's about wearing red and white colours during the month of February. We don't have any specific fundraising goals, it's just about having the support of our fellow Canadians."

This support has been especially strong in the youth or many of the athletes the women have met.

"We've talked to a few six-year-olds about the past couple days and that was a lot of fun. The kids were super enthusiastic and all always glad to see that," said Crawford.

Then, 23 added, "It's very motivating to have all these kids that are so excited and every time we go somewhere they're all dressed in red and white, and it's difficult to be even just listening to you speak which is very inspiring for our whole team."

"Sometimes it doesn't feel real, I look up to athletes as inspiration, and you never think you're going to be at that same level where kids start looking up to you. You realize the power of the words you're telling these kids is pretty incredible."

The team will be heading to



FROM LEFT: BROOKE CRAWFORD,

Brooke Crawford, Megan Brown and Zina Rucker of the Canadian women's basketball team stopped by Conestoga College last week to give support and to fundraise for the upcoming 2010 Vancouver Winter Olympics.

Support us November for our game tickets leading up to the 2010 Olympics.

For more information on the team, visit [www.basketballcanada.com](http://www.basketballcanada.com)

## HOW TO LIVE

C

**CONESTOGA**  
The world is our classroom

## SUPPORTS

**United Way**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p style="font-size: 2em; font-weight: bold;">26</p> <p style="font-weight: bold;">ROCK OUT &amp; PLAY OUT 4-U-WAY!</p> <p style="font-size: 0.8em;">First year lock with Dollar Hero!</p> <p style="font-size: 0.7em;">Sponsored by: <i>Alumni Association</i></p>		<p style="font-size: 2em; font-weight: bold;">27</p> <p style="font-size: 2em;">○○○</p> <p style="font-weight: bold;">OLYMPICS</p> <p style="font-size: 0.8em;">Obedience Canoe Basketball! Throw Putt Putt!</p> <p style="font-size: 0.7em;">Sponsored by: <i>Our world is our classroom</i></p>		<p style="font-size: 2em; font-weight: bold;">28</p>		<p style="font-size: 2em; font-weight: bold;">29</p> <p style="font-weight: bold;">POCKA DOT EXPRESS!</p> <p style="font-size: 0.8em;">Sounding Train!</p>		<p style="font-size: 2em; font-weight: bold;">30</p>	
<p style="font-size: 2em; font-weight: bold;">2</p> <p style="font-weight: bold;">Check out all of these awesome fun dealers in the Student Life Cycle!</p> <p style="font-size: 0.8em;">at 12 noon each day!</p>		<p style="font-size: 2em; font-weight: bold;">3</p>		<p style="font-size: 2em; font-weight: bold;">4</p>		<p style="font-size: 2em; font-weight: bold;">Toonies TO White Ug!</p> <p style="font-size: 0.8em;">Lesson Goal! Twister Toss! Monkey Shakes! Biker Sled!</p> <p style="font-size: 0.7em;">Sponsored by: <i>Alumni Association</i></p>		<p style="font-size: 2em; font-weight: bold;">6</p> <p style="font-weight: bold;">Little Fish That could!</p> <p style="font-size: 0.8em;">Goldfish room! Candy Cane! Clinic!</p> <p style="font-size: 0.7em;">Sponsored by: <i>Alumni Association</i></p>	

GIVE. BELIEVE

LIVE UNITED

Sponsored by: *Alumni Association*





# Drink tap water

Water wagon showcased at Oktoberfest

By MICHAEL FRANK

The water wagon made its first appearance at the opening ceremonies of Oktoberfest on Oct. 18.

The wagon, which was supplied by Kneal North, son of Stratford, has a roomy rear water fountain mounted on it that provides tap water for drinkers.

It looked like an event the trailer owners decide to a water wagon or its 200 gallons tank can be just filled. "I really believe in the taste of Stratford for Kneal and he says the water wagon is very functional and encourages people to find responsible ways to consume water."

"It's a great alternative to bottled water," Kneal says.

Condon Keller is a business management student at Conestoga and also drinks tap water. She has a stainless steel water bottle that she refills all of the time.

"I don't think there is anything wrong with tap water and it's cheaper," Keller said.



Photo by MICHAEL FRANK

Lianne Kohn, Region of Waterloo supervisor of natural water protection, takes a refreshing drink of fresh tap water. Municipal water is said to be clean, safe and affordable.

Lianne Kohn is the supervisor of natural water protection for the Region of Waterloo and the city municipal water is clean, safe and affordable.

By JENNIFER HENRY

Someone you know has got it covered in the latest K1000 car yourself have benefited from it.

But it was the official kick-off of Conestoga LifeLine - United Way's campaign. Donors were set up next to the Student Life Centre to offer students more information about the United Way and its agencies.

Students know what United Way is," said Mary Connell, student life promoter. "But they don't really know what United Way actually does."

United Way operates in many communities raising money for different agencies based on they can focus on helping people instead of worrying about doing fundraising. Kneal/Kneal provides funding to 60 non-profit agencies.

We are hoping to raise \$50,000 this year," said Connell. Last year we surpassed our goal of \$45,000.



United Way

by \$10,000

Donors include students and employees. People are encouraged to participate in a form that is running until Nov. 5. For those who have longer terms, you can check your numbers daily on the college website. Prizes include a variety of donated tickets. Students are encouraged to attend the business services and business funds team events which will be held in the Student Life Centre from now to 1 p.m. These events are set to begin today and will run until Nov. 5.

"I don't think people realize how just a small donation can help someone out so much," said Judy Gurney, Regional

Manager and Waterloo supervisor of natural water protection. "I think \$1000 would help a lot of people."

Regional employees held their first-thing event at a professional United Way fundraiser, manager and his workplace volunteers plan and coordinate their work place campaign.

One hundred dollars can do more than just feed a family. If donated to the Canadian Red Cross it would provide a shelter and one night's accommodation for a victim of a fire. At the House of Friendship it would provide 37 meals of emergency food assistance to a low-income family and at the John Howard Society it would help over 60 Grade 5 students learn how to prevent bullying in schools.

So before you whip out your card to purchase a new pair of shoes or dress, you were just doing for someone less fortunate and the money for us who are in need, your help.



90% OF THE LORD'S RESISTANCE ARMY IN UGANDA ARE CHILDREN

COMMIT TO PEACE IN UGANDA  
IN THE SANCTUARY ON FRIDAY OCT. 30  
PRESENTATIONS AT 10:00, 12:00 & 2:00

## Performance Anxiety Group



DO YOU WONDER...?

- Why can't I perform well on my placement or on presentations, or blank out on tests when I know my stuff?
- Why bother trying? I'm going to fail anyway
- Am I a failure unless my work is perfect?
- Am I afraid of making mistakes, being embarrassed and the disapproval of others?

Learn how to change your self-defeating thoughts

Join our

**PERFORMANCE ANXIETY GROUP**

And manage anxiety instead of letting it manage you!

To register bring a copy of your timetable by  
Wed. November 4th COUNSELLING SERVICES, 14101  
Shortly after, the group will run for 4 weeks (most convenient  
time to be determined by student schedules - student will be  
contacted)

# College can be stressful

By ALAN COOPER

Starting a post-secondary education can be a stressful time in anyone's life. New classes, new friends and managing the time requirement of being away from home can lead to emotional stress that may not be recognized at first.

What Coanogga students might not know is that there are a multitude of resources to alleviate these stresses available on campus.

Michelle Choyle, a counsellor at the Deen campus for two years, encourages stu-

dents to seek help if they are experiencing stress in any aspect of their lives.

"The challenge is to be self aware, and not to overlook signals that they are suffering from stress," said Choyle.

Once a student realizes they may be suffering from stress, there are four things they can do. Choyle suggested that students find a balance in their new hectic schedule.

"That should be their goal, to make some time for exercise or leisure," she said, adding that "the balance will help when coping with

stress."

That is exactly what three-year police instructor student Elvin Boncher, has done to deal with his heavy workload this semester.

"Total stress me out a little so I play hockey and make sure to be active," Boncher said.

Coanogga's Counselling Services has also made a relaxation CD, with helpful tips on how to decompress. The CD is available for sale both at the counselling office and the Deen campus book-store for \$3.

"When someone gets

freaked out or worked up, the CD will help," Choyle said.

Sometimes it helps just to vent and tell an impartial party what's going on. That's where Counselling Services can help the most. If the stress is serious, students can go to the Counselling Services office, located in Room 14302, and book a confidential appointment with one of the counsellors.

Stress left untreated can lead to serious physical, emotional and mental issues, and that can lead to losing grades and developed friendships.

**YOUR  
CHOICE  
YOUR  
RIGHT**

name \_\_\_\_\_  
time \_\_\_\_\_  
date \_\_\_\_\_

## Part-time staff vote on unionization

By GARET EAST

Part-time support workers at Coanogga College are voting to decide whether to join the Ontario Public Service Employees Union (OPSU).

The voting started on Oct. 8 at colleges throughout Ontario and will end Oct. 21. Voting at Coanogga took place on Oct. 20 at the Deen campus, and Oct. 19 at the Waterloo and Stouffville campuses.

This is part of the largest union certification vote in Ontario history, with up to 16,000 part-time college employees at Ontario's 64 colleges eligible to vote.

Until last year, it was illegal for part-time support staff at Coanogga to unionize. The Supreme Court overruled the Ontario Human Rights Tribunal ruling that banning a union is a constitutional right. Currently, almost 80 per cent of college support staff work part-time.

Workers are concerned about job security as employment is often granted on a contractual basis.

"It creates stress when you have no idea if your contract will be renewed or not," said Heather Brown, a part-time administrative assistant at Coanogga College. "We should have to negotiate the same way."

If the union is successful, it could take months for a new labour agreement to be reached.

"We are now in an unusual and relationship with part-time staff," said Debra Marshall, co-director of human resources at Coanogga College. "With a union, the relationship becomes collective with terms and conditions negotiated by a third party."

Signatures of the unionized both sides are encouraging, support staff to vote.

Brown said, "The most people who speak out the best if people don't speak up to voting it's not going to get any better."

## DIGGING DEEP TO CREATE MORE PARKING



PHOTO BY BOB BRADON

The college will soon have another parking lot on campus. A work crew began digging up the field by Homer Vernon Badewitz last week.

## Second career program gets needed funding

By GARET EAST

The Ontario government announced on Oct. 18 that it will provide an additional \$75 million in funding for the Second Career program. Second Career is a popular program that provides training and education to the unemployed. Coanogga College currently has between 650 and 700 students enrolled in the program. On Sept. 20 between 50 and 60 students enrolled in programs at the college were notified that they would not return to school for their schooling.

## Residence gets ready for Halloween

Activities include a haunted house, movie marathon

By ALAN COOPER

Coanogga residence is becoming a scary place to live. Not because of irresponsible behaviour but because of haunting skeletons, spiderwebs, crows and bats. To help students get into the spirit, Coanogga has planned a series of Halloween events.

Last week, they held Pumpkin Bowling at the residence lobby on Monday and Tuesday they had a Halloween Movie Marathon in the movie lounge and on Wednesday they had a Scary Storytelling Hour.

The work recreation staff is playing the Killer Horror Picture Show in the movie lounge at 8 p.m. on Tuesday and a haunted Halloween House will be held at 8 p.m. on Wednesday. decorations in the

common room. On Thursday at 8 p.m. there is going to be Fun Fart & Mocktails where you can drink fake cocktails and get your face painted as whatever Halloween character you desire.

— Alan Cooper

There will be a prize for the best door decorating but we're not sure what it will be yet.

— Jason Gunn

— Alan Cooper

Although there are Halloween decorations in the common room, there were no events. According to the students, "We didn't plan any events on Halloween day

because we figured most residents wouldn't be around," said Jason Gunn, a first-year student.

Students will also be holding a door decorating competition. For Halloween, residents are encouraged to show their room doors with decorations. Displaying Halloween spirit. There will be another door decorating competition at Coanogga.

"There will be a prize for the best door decorating but we're not sure what it will be yet," said Gunn.

Other people that will be at residence regularly are First Year Devils, which are students can play inside the first and Supply Warehouse where students can make their own costumes for a costume for both taking place every Sunday.

# REGATTA

CONESTOGA  
STUDENTS INC.

## SINK OR FLOAT BOAT BUILDING CONTEST

**OCT. 8 - OCT. 26** BUILD A BOAT OF CARDBOARD AND DUCT TAPE, 2 PEOPLE PER TEAM  
VISIT THE CSI OFFICE FOR MATERIALS AND TEMPLATES IF NEEDED

**TUESDAY OCT. 27** DISPLAY YOUR BOAT IN THE SANCTUARY AT NOON

**WEDNESDAY OCT. 28 AT NOON SINK OR FLOAT CONTEST**  
BOATS ARE LAUNCHED AT THE BACK POND. THE BOAT THAT FLOATS THE LONGEST  
**WINS A TRIP FOR 2 TO DAYTONA BEACH.**



SIGN UP IN THE CSI OFFICE, ROOM 2A108  
FOR RULES/REGULATIONS VISIT THE CSI OFFICE, IN ROOM 2A108

# Ostaneck still packs them in

By ALEX DOORE

Hundreds of donors packed Quorum Court rooms on Oct. 18 to celebrate Kishwaukee Valley's Boomer Festival.

Hosted by the Lanes Club, the event, which has been a part of Oktoberfest for 40 years, was open to the public and featured the chicken dance with the police playing the role of Walter Ostaneck.

Seated at a keyboard instead of behind his accordion, the 76-year-old Ostaneck explained he was lucky to be on stage because he had a promoter situated to his heart on Oct. 7 just two days before his gigs at the event began.

"Today is my last day on Oct.," Ostaneck said between sets. "This is my life."

Ostaneck has been married 48 years to a Christmas Eve and has won the award three times in July this year, he was disappointed at when the Kishwaukee Foundation announced that the category for best police officer could be removed from the runner.

"We had a great run, but I feel sorry for the younger policemen," he said, adding that it may be time for him to take a break. When asked if he would consider retirement because of his recent health issues, Ostaneck shook his head and said, "No, I'm going to stay on the stage playing the Prost."

Like clockwork, the Prost was heard every 30 minutes at 10, finishing with about half of the previous cheering.

"Every major act in it," The dance floor was left a little poorer of decorated plastic cups, stacked under the chicken dancing, first of all, and waving the chicken to police.

Lane Polakovic, who has worked Oktoberfest for 28 years and Thursday night had a second term. She handed out pins for the Lanes Club across from a Kishwaukee Fire Department booth. The firefighters were raising money for the Children's Wish Foundation and Clary's Kids, a charity that provides ill children and their families with tickets to Kishwaukee Boomer games, by giving out and selling a small pig calendar.

**"I'm going to die on the stage playing the Prost."**

— police king  
Walter Ostaneck

"There are police to every part," said Polakovic, who was a police officer.

The firefighters, dressed at 275 Westburg Rd. had stacks of calendars selling for \$15 each. They were excited with their Shagwags to sign copies for a crowd of pigging fans in the front.

Captain Janet Bauer said this was the first calendar

they have published for the club.

"We do this for a couple years now. It's completely voluntary," Bauer said.

During one of the breaks that Ostaneck and his band took, the Kishwaukee Fire Dept. and DeWitt band came to the center of the sticky dance floor and formed a circle. They performed a stirring rendition of the Highland Fling, and an Amazing Grace that moved goosebumps.

Unfortunately some people in the crowd didn't respect the space needed by the band to play. One anti-socialist man was repeatedly ignored from the area the last time by the band.

On another occasion a group of drinking men stood next to him to grab a paper a bottom pushing the man away from the dance floor and onto the paper next to him.

Debbie Brinkman brought her 20-year-old daughter, Whitney, to Quorum Court to get a taste of beer and food. They both were disappointed.

"Oktoberfest has lost its feel, it seems to be more about a drink now," Brinkman said.

Brinkman's father was a big Oktoberfest fan when she was growing up in Kishwaukee.

"My dad would be on the work line (Ostaneck) on television every night," she said, and supported that the younger crowd attending on Oct. 18 was spread of when Oktoberfest once more.



Police king and parade marshal, Walter Ostaneck, performed at Quorum Court rooms on Oct. 18 despite having a promoter situated to his heart on Oct. 7.



Firefighter Tim Ann signs a calendar which is being sold from the Lanes Club booth in the Children's Wish Foundation and Clary's Kids booths.



Ostaneck plays the Prost for a jostling crowd throughout the Kishwaukee Fire Dept. and DeWitt band on Oct. 18.



Above: Kishwaukee firefighters, left to right, Sharon Brown, Eric Ann, Mike Peters, Greg Jones, Roger David Voss, Quam, Sharon and Mike Peters show off pins in a jostling crowd for the other. Right: Community College (C) students at Kishwaukee College (middle) enjoyed the Oktoberfest fest and party at Quorum Court. Above: Firefighter Tim Ann signs a calendar, left, and firefighter, Debbie Brinkman and Andrew New.



PHOTOS BY ALEX DOORE

# Post-diploma opportunities 'exciting'

## By JENNIFER SCHMIDTKE

Matt Trushenko will have a college diploma and a master's degree after only three years.

"Even if you aren't very good with numbers, it still doesn't add up. A university degree usually takes four years, by itself, and a college diploma at least two."

Trushenko, 26, graduated from Dawson College's broadcast journalism program last year and is now ready in Victoria, B.C., at Royal Roads University. Because of his college diploma he will have a professional communications degree after only 12 months at Royal Roads.

Although the program is fairly intense, Trushenko said that his studies at Dawson proved him well in school.

"The deadline was a bit like *Conan*, and it was the available 'how much they drilled good writing and fast writing'."

Often writing assignments that take Trushenko about an hour to write, he completed in 30 minutes, leaving him plenty of time for proofreading and polishing his work.

Trushenko's degree can lead to various jobs in journalism, public relations and media companies.

"Basically anything that involves communications," he said.

But Trushenko began to bring it back to journalism and eventually went to the CBC doing world news as a field reporter. He is also a mental arts enthusiast and hopes to spend some time working and studying in Asia as well, possibly even teaching.

"The culture is just so different than here in Canada," he said.

The degree at Royal Roads is part of the post-diploma programs available to journalism students at Dawson, but it is the best deal, according to Paul Gellman, the college's general co-ordinator.

"At the end of three years you have a full university degree," he said.

There are also programs available at Uxbridge University in Australia, and one that can be completed by distance through Athabasca University, but none may obtain for students hoping to stay local.

Many universities will substitute a degree for students with a college diploma.

"You still have to take the required courses. It's a bit different," said Gellman.

At Dawson there are programs in radiography, public

relations, integrated marketing and communications media arts and a new course in computer journalism and new media which hopes to have a 30-hour coursework with students studying its own all the time.

Gellman is excited about these post-diploma opportunities.

Two, especially that students can spend through a university degree and have college and university credentials in less time than an Ontario degree usually takes.

"You don't choose, you get both," he said.

"There are so many opportunities."



## Study and Work Overseas

### Cover Letters & Address

Meet with one of our Career Advisors to discuss your options.

- Visit [RHSBNetwork.org](http://RHSBNetwork.org)
- Call 519-463-5223 ext. 3296
- Or email [worldstudies@rhsb.ca](mailto:worldstudies@rhsb.ca)

Additional resources:

[www.international.gc.ca/education/education/education.asp](http://www.international.gc.ca/education/education/education.asp)

international experience—gained through cultural and work life become

increasingly popular and is a highly lucrative future employment!

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### International Bodies

Choose a program of study that matches your interests. Research programs for articulation agreements, work rights, international fees, entry requirements, academic

standards, etc. and all programs & facilities.

### Financing your education

Study in Canada may be challenging, but it is well worth knowing before you leave. Research costs to develop a realistic budget.

### Get it all and you graduate

Combine your current studies by completing an online development work term. Take on that term, educational placements or volunteer during school hours.

### Career Services & Address

## COUNSELLOR'S CORNER: Relationships

Being a student and in a committed relationship can bring enjoyment and pleasure and also feel conflictual in terms of responsibilities and demands on time. A healthy relationship is more likely to withstand the pressures and changes that being a full-time student bring. A local individual, Couple and Family Therapist, Barbara Plessman, developed a list of primary principles for a healthy relationship.

### Here are a few paraphrased ideas:

- Respect for the other person — no put downs, no insults, appreciation of different needs and beliefs and recognition of the possible need for separate as well as together time.
- Safety is of utmost importance — no emotional or physical violence if there is even fear, there already is hurt.
- Giving behaviour and emotional support such as listening without judging or blaming and encouraging each other's strengths.
- Inclusive decision-making regardless of size, compromising differences, avoiding a win/lose result.
- Open communication including the capacity to share feelings, to be listened to attentively without giving advice (unless sought) and willingness to be assertive about expressing needs.
- Communication includes effective and sexual expression.
- These need to fit the needs of each couple and be mutually satisfying.

The counsellor at your campus is available to assist you with relationship issues.

A Message from Counseling Services, 14101



Paul Gellman, the college's general co-ordinator.

Paul Gellman, the college's general co-ordinator, is excited about opportunities for journalism students to obtain a university degree in a short period of time after graduating from Dawson. Students can gain a professional communications degree after only 12 months of study at Royal Roads University in Victoria, B.C.

# Perfect gifts for electronic whizzes

## New iPod, camera sure to be a hit

By MICHAEL ADAMS

The sounds of single bells aren't for every kid, neither is the stress of what to buy for friends and family for Christmas Eve.

To help you get started, here are five electronic gifts that are sure to be a hit.

A good gift for those who only like gym or running and want to listen to music without any cards.

getting in the way, is Sony's new wearable MP3 player.

— Nancy MacLean

"One of the big things this year is the new iPod nano" and shiny iPhones, the same manager at the Apple Flag Ship.

The new iPod nano is a music player, video camera and MP3 player which sells for \$149.99. For those who you may want to purchase Nike shoes and an iPod nano. The owner goes into the site of the shoe and then you attach the camera to the iPod. The camera tracks from you or with iPod nano are available in a variety of colors.



"The iPod touch is also a great gift and an expert is to tell will the Christmas," said MacLean.

The iPod touch has a 3.5 inch screen and you can play music, a video camera and play games on it. It costs \$299.99.

For those of you who have friends who get lost easily, look for the TomTom 4.5 inch GPS navigator. It is a portable GPS that has a touch screen and audible directions which sells for \$299.99.

If that gift idea doesn't work, how about wrapping up a camera.

"Cameras have come out with a great new digital camera and shoot camera that year. It is the best camera to have dual screens," said Robert Hudson, a camera specialist at Future Shop.

The Samsung PT500 is a camera on the front and on the back, making it easy to take a self portrait. It also includes a touch screen. This camera is

great for all those photographers out there, because it makes it easier to take pictures of yourself. Pick it up for \$199.99.

One of the big things this year is the new iPod nano.

— MacLean

If money is not an issue a Wii and player will be a hit. MacLean shows us that technology have better just than quality because of high definition. They start at \$299 and go up to \$399.

For you have friends who like to listen to music while walking running or working out at the gym, but get annoyed with the hanging ear phone cords?

"A good gift for those who enjoy the gym, or running and want to listen to music without ear cords getting in the way, is Sony's new wearable MP3 player," said MacLean.

The Walkman W series is light and makes life easier when you don't have to deal with cords hanging from your phone. They are available in black, white, pink, green and red, and each get a large deal in your wallet at \$79.99.



Photo by Robert Hudson

Robert Hudson, one of the camera specialists at the Future Shop in Shelton, takes a photo with the new Samsung digital point and shoot camera that is the first to have dual screens.



Photo by Robert Hudson

The new iPod nano comes in all the colors of the rainbow and also includes a built-in camera to take photos.

# Prepare for your best interview yet

By MICHAEL ADAMS

Everyone knows the basic rules to a decent interview. Don't show up late, don't talk the "study" eyes and don't say "Yes."

Don't do it.

You get about 15 minutes to make that perfect first impression that will lead you to the job of your dreams. It's surprising how much of that first impression is based on your dress, appearance and mannerisms.

The Career Resource Centre at Chesapeake provides students with tips on how to be their best at an interview.

Researching the company is always advised, but often overlooked. You really don't want to be fumbling for answers when the interviewer asks what their company name is or how long they've

been in business.

A second tip is to know where you're going. You don't want to walk past the entrance three times and still yourself standing outside the main entrance yet again.

Having a professional appearance at an interview is as important as good manners.

—

Next comes trying to sell yourself during the interview. You only have a short period of time so don't be modest. If they say something positive about your credentials or experience, and tell them

more about it.

One piece of advice often forgotten is a handshake. You follow the interview. Keep it short and sweet. And by sweet, keep a professional and dropping with adjectives like "fantastic."

Having a professional appearance at an interview is as important as good manners.

The following advice problems are from superintendents you can also ask your parents when you can just your resume and get your advice.

Those style rules may seem humorous, but they're not always obeyed.

1. Do not carry a backpack or have each corner of a backpack or portfolio. Some images immediately suggest someone slacks their pants, too?

2. Get out of any complexes

on top of your head or hand-phones around your neck. Be sure to remove all your "freaky" and turn it in your backpack before entering the lobby.

3. Leave the too short shorts at home. Forget what you of those pants on The Apprentice are wearing. Your shorts should cover your thighs when you can stand.

4. Short shorts of overly bright or large patterned clothing. With the possible exception of creative fields like advertising or computer program, many, we tend to stick with navy, black or gray.

5. Forget the heavy makeup on women, or any makeup on a man.

6. Avoid long fingernails especially when paired with bright or sporadic patterns. Nails should look clean and be trimmed to a length that doesn't break out, observe

wondering how you keep from rubbing yourself?

7. Stay away from dramatic, patterned jewelry or large bags (no matter how loaded you are). Women should stick with neutral colour jewelry that complements their skin.

8. Men should avoid wearing socks that don't match their shoes, or whose socks are too short and leave a gap of flesh when they are worn.

9. Avoid showing off your perfume or cologne. Many people are allergic to certain scents. For a subtle fragrance use good quality body soap.

10. Be careful of multiple signs that you're wearing a new hat. Remove all tags and extra buttons — and avoid how to cut off the rope that thread that keeps pockets and also closed!

# HOROSCOPE

Week of Oct. 26, 2009



**Aries**  
March 21  
April 19

At some point this week a French soldier in a uniform will turn in your general direction.



**Libra**  
September 23  
October 23

At some point this week you will realize that you have to turn the brass ring out of your nose.



**Taurus**  
April 20 May 20

On Thursday a huge war-torn machine will tell you to brush your teeth. You may want to use it someone is updating your water watch for Hurricane.



**Scorpio**  
October 23  
November 21

On Thursday you will see an elephant in your pajamas. What an elephant is doing to your pajamas is for you to find out.



**Gemini**  
May 21 June 21

On Tuesday your nose will rub against the candle box and where you scratch it. You may submerge your self.



**Sagittarius**  
November 22  
December 21

You will spend most of the week trying to decide on a Halloween costume. You will eventually decide to reuse last year's costume.



**Cancer**  
June 21 July 21

At some point this week a black cat will cross your path. This is not a sign of bad luck unless you are allergic to cats in which case you will need tissues.



**Capricorn**  
December 22  
January 19

You will spend your entire weekend trying to find a Halloween costume. This will lead you to realize why no one bought them in the first place.



**Leo**  
July 23 August 22

You may decide to get a tattoo on a where this week. This would be a terrible idea as tattoo artists in shop documents are often requested.



**Aquarius**  
January 20  
February 18

You will spend your Saturday debating modern art. You will eventually get to over your head and become slightly under rated.



**Virgo**  
August 23  
September 22

On Wednesday an Elvis impersonator will appear on you. It would be best to enjoy an umbrella and hand sanitizer.



**Pisces**  
February 19  
March 20

Your weekend will be spent listening to music on vinyl records. This will be enjoyable until an angry person asks for your vinyl.

Nick Decker is a second year journalism student holding him in the palm of his hand.

## Don't get burned by candles

It's dangerous, it's ugly and it's just by blocking out your candles before leaving the house.

Recently a family in Waterloo paid the price for a momentary lapse in common sense. After a night out the family noticed smoke coming from the basement where they returned home. The smoke was from a fire started by a 14 candle that was left unattended. Damages were estimated at \$10,000. I think that is a pretty expensive lesson learned.

For affordable peace and let me reassure you and smoke before from their own about candle fire. Still, preventable fires remain shockingly common. During 2008, the latest year in which data is available, 35,000 fires were started by candles leading to almost 200 deaths and 1,000 injuries.



**Greg Cohen**  
Opinion

Which church raised the question: when did we become so dumb and?

How could our ancestors most of them, could look for wood in time and use their evolutionary advantage by being so something to sleep? First, let me be sure. Sure, the candle you put in the room but our ancestors could at least grasp these concepts.

Somewhere along the way we were led into a false sense of security where that big molten candle. We forget they pour a threat. It must be the reason father of light they eat on the place

and smell of wild berries and Bush knew that despite the rain. However, any fire safety expert will tell you it only takes seconds to turn a room into a bonfire and flames are not always silent.

Two causes of candle fires are simple. Keep candles in sturdy holders and away from drapes or anything flammable. Turn the wicks often. Do not leave a candle unattended. But once these obvious steps are in suggest something different. Forget these. I mean when is the last time you've ever? Take away the entire source of the flame and smolder candles and you are paying for a bit of peace with a rope.

I hope I saved you some time with your candle safety, or probably also buying a lamp and using no candles.

## Blocked hallways create havoc

I walked through the halls last week to get to a class I was already late for and kept getting delayed by people walking in front of me who stopped to change direction both in a crowd or in the third class.

The hallways can get busy and when a person is stuck in one randomly stops it causes inconvenience and anger too. It prevents the flow of the people behind me from getting to our desired time on time. People are then forced to search for a door to get around students who block the hall, which makes it even more crowded.

What is going to stop it all they should move over to the side, not get in the middle of the hallway.

Other than waiting my turn and moving someone else, it can cause minor inconvenience. I mean I even want how many times I've this side



**Sarah Magidson**  
Opinion

people who stop in front of me. I've even dropped my books after bumping into them, which makes the situation much worse. I can see myself carrying a bag down the hall one day and spilling it all over myself. That hasn't happened to me yet but I'm sure it's a huge pain in the butt. The whole situation is ridiculous and it's becoming a common thing.

If you need to be in a classroom move over to the side. If you are in a crowd in the hall, pull a piece to move while passing and get together there to catch up. A lot of places around the school are great for that, such

as the library, cafeteria or the upper and lower library.

There's the chance where a person makes that by making the wrong way and makes it change direction. Instead of actually walking to the opposite side of the hall they try to turn around and walk the other way, making us the wrong side. I don't see how it's hard to understand. It's like driving on a road, one side goes one way, the other side goes the other way. If there's a problem, pull over to the side.

I've seen a lot of down the hallway only because someone is moving people talking and taking up the entire width of the hall. I think it would be pretty noticeable. I've seen a lot of down the hallway talking with my friends and people were bumping into me to get past. I suspect about those areas where enough move to the side of the hall.

## MICROFIBRES VS. CHEMICALS



As part of Green Week, all Products from Women's Empowerment Inc. located in Douglasville, received a boost which showcased the company's cleaning products that are an alternative to chemicals. Their microfibres cloth is machine washable and sold under \$5 per roll of \$1000. The cloth from outside inside and other products in the cloth cleaning them.

PHOTO BY ANGELA HUNTER

# Students practise saving lives

By NICK BAKER

Practice makes perfect. At least that is the hope of instructors in the pre-arrest firefighter and paramedic programs. On Oct. 18, students in the two programs participated in eight simulated, mock emergencies which involved pulling an accident victim out of a car.

Students in eight firefighting platoons acted as accident victims as well as instructors while partnering with paramedic students to make the patient care at these simulations as real as possible. To add to the realism, vehicles used were made available by Parkway Auto Bodycare, the company that also provided the land to undertake these exercises.

The most realistic touch, however, and one that was

done for the first time, was the use of the doors of late-model cars. Students used the powerful tools to get to the victim in a fast and safe manner.

The tools allow rescuers to help save accident victims during the so-called "golden hour." That is the one-hour period after an accident when a rescuer has the best chance of saving a victim. After that hour has passed, the odds of survival go down.

Irene Kienemann was the firefighting instructor who kept the eight platoons rotating on schedule. He, along with other instructors, also made sure each exercise ended with a thorough discussion of every step taken.

Robert Young, the coordinator of the paramedic program, was "very excited" with the new co-operative exercises between the two programs.



PHOTO BY NICK BAKER

On Oct. 18, Co-entraining students in the pre-arrest firefighter and paramedic programs participated in a simulated auto extraction, pulling accident victims out of wrecked cars at Parkway Auto Bodycare.



## Strap on the skates and have some fun

By FREDRIAN CARTER

As the cold weather quickly descends upon us, it is time once again to think about Canada's national sport. Being in college is no reason to think you don't still play at one or more times weekly.

Both the men's and women's inter-mural teams are lining up on skates tonight this week. Men's sports continue today at 4 p.m. while the women's team wraps up tomorrow at 5:00 p.m. Hockey teams are competitive, intense and teams that compete against other schools. There are three in- or represented. Conestoga will be at a home match on Nov. 4.

If you still want to play hockey but competition isn't your thing, Conestoga also offers "leisure" hockey. Men's and women's teams play at 4:00 p.m., strap on your full equipment and full size helmets for some fun.

A little rusty on your skates? Or maybe you never felt comfortable with a hockey stick in your hands? Open



Photo by FREDRIAN CARTER

The puck stops here. It's still not too late to play or watch hockey at Conestoga. Men's hockey has started, as well as both inter-mural and recreational hockey leagues.

skating to always an option. Men's and women's teams from noon to 1:00 p.m. A valid one drink credit is granted to guests prior to both open skating and hockey games.

If you are still looking to join inter-mural hockey you can learn more online and information with Kate McCutcheon at the recreation which will be passed on to the team captain.

"All the teams are full right now but teams may need extra players due to late classes," McCutcheon said.

## Fanshawe takes down Conestoga

By NICKI BURN

The Conestoga Cardinals winning a major prize ended a long loss to the ranks of the Fanshawe Falcons Oct. 14 (winning the season with a 4-2 record).

Despite the 4-2 loss, they have advanced to the playoffs. Fanshawe moved on their first shut out (all records into the game). The Falcons quickly took control of the match and consistently pressured the Conestoga defense.

As the 10-minute work Conestoga looked like they might be getting control of the ball and better engagement but Fanshawe responded.

Conestoga's Nick Schuchman was the only player to receive a yellow card during the game after an accidental hit on the Fanshawe goalkeeper, James Goodhue. With an injured shoulder, Goodhue had to be helped off the field after a five-minute delay.

Two minutes after the game resumed, Fanshawe scored their second goal.

It became quite clear why the Falcons were the winner of their dreams and why Conestoga wasn't. One way the Cardinals need to improve on their concentration on



Photo by NICKI BURN

James Conestoga puts the ball of a Fanshawe defender. The Conestoga player is a former MVP winner.

the field.

The Fanshawe players were consistently willing to let the game with the ball later, which was happened. You could hear groans from within Conestoga's head the ball.

"They will also have to improve individual and team defending," said head coach Aldo Kruger.

Kruger and the passing unit working as well as the coaching staff would like it to.

"We have some players here that have to improve in offense (scoring the ball).

"Our goal was to make the playoffs, which we did," said Kruger. "Hopefully, they're going to turn it around in the first playoff game and play better than they did (this game)."

That is the first year Kruger has coached the women's team. The last time they won a championship was back to back twice in 1993 and 1995.

James Conestoga 16 plays center modified for the Conestoga and has high hopes for the team in the playoffs.

"It's a good competition out there so I think we'll play well as long as we keep our composure."

Although the team met its goal, Conestoga and their coaches for them to improve on.

"We need to keep up on defense and watch our play on the ice."

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As lefty Laurito (left) pitched for Comstock at the provincial, Brittany Proulx (right) won the other Comstock pitcher. Above: Laura Riedler was named to the OCAA Women's Football League All-Star team along with Christine Laurito.

## Fastball team falls short

By NICK HAIN

On a cold, rainy day at Mahan's Sports Park in Hamilton, the Comstock Cardinals tried to put their women at the Ontario College Athletic Association (OCAA) home.

The Cardinals looked off the day with a game against the Durham Devils who were 10-1 in the regular season. In the first inning, Comstock scored its first runs.

Kristina Hall was the starting pitcher for the Cardinals and was rocked early by the Devils.

Hall surrendered a walk to the first Durham batter, which was followed by a triple and a right outfield.

By the time the Cardinals were able to get out of the inning, it was 6-0 Durham.

The second inning didn't get much better for the Cardinals. The first Durham hit was scored by Brittany Proulx when she smacked a single, but that was all Comstock could muster.

The bottom of the second was another disaster for Comstock.

Durham hit a six out single and then the runner stole two and home. The Devils scored again on another Cardinal error, making it 8-0. A double shortly after added another run. Durham would score two more in the inning to make it 10-0 before the Cardinals entered the third out.

In the top of the third, Tanya Joseph beat out the throw to first base to try and get her team on the board. Durham, however, had other plans, retiring the next three

batters.

Durham would add one more in the bottom half of the inning to make it 10-0.

Steve Miller, named player of the game because for Comstock.

Miller coach, Steve Day is a member of the OCAA Hall of Fame and a member of the OCAA All-Midwestern Team. They weren't drilled with the result.

"We need to score runs to win ball games," he said.

Day was more emphatic about the second game.

"They wanted to become back pretty good through the year so I don't think it'll really affect them."

Game two for Comstock came against the Seneca Sting with much worse results.

"We had a good season," said Seneca assistant coach Roger Davis. "We have some young players coming up so the future looks good."

Rebecca Comstock and Kristina Proulx were the two returning pitchers for the season.

"We're a good team of play," said Davis.

Comstock, Lawrence started the first inning with a single for Comstock.

Miller drew a walk before Proulx sent a ground ball to first base allowing Lawrence to score and Miller to reach second. Laura Riedler struck out to end the inning.

Hall pitched for Comstock and had her compromise for the start of the game. The first three batters for Seneca went down quickly.

There wasn't many runs on base for either team until the top of the third

inning, when Comstock loaded the bases with two outs.

No runs were scored in the top six. However, after Christine Cohen struck out to end the inning.

Hall pitched a perfect game until the fifth inning when Kristina Lloyd of the Sting smacked a triple into centerfield. The Seneca pitcher, Rebecca Comstock, scored on the play all the way from first base to tie the game.

Comstock loaded the bases again the next inning, but failed to score a run. They left a total of 30 runners on base by game end.

The bottom of the sixth inning was the Cardinals' demise.

The first Seneca batter hit a double to right field, which was followed by a single. Comstock allowed the runner to get to second base.

The next batter sent a fly ball to left field, scoring another run. A ground ball allowed the third and final Seneca run, putting the Sting at top 3-1.

Even though they didn't make the final, the players still have high hopes for next season.

"The coaches couldn't get any better," said Lawrence.

Lawrence was one of two Comstock players named to the OCAA Women's Football League All-Star team along with Laura Riedler.

It is her first year on the team.

Stag cleaned the grid made over Durham in the finals. They won the first game 4-2 and the second game 5-1.

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